

Solihull Gets Active Newsletter April 2020

COVID-19

It is incredibly important to follow the latest Public Health advice for protecting yourself and others from Coronavirus COVID 19, this can be found at [Gov.UK](https://www.gov.uk). Information and advice is also available from the [NHS](https://www.nhs.uk).

Stay safe, Stay Well, Stay Active

How to Stay Active While at Home

We are supporting the join the movement and [We are in undefeatable](#) campaign using **#StayInWorkOut** on social media. The Join the Movement campaign is designed to provide inspiration and trusted information to the public about how to get active in and around the home during the coronavirus pandemic.

Organisation	Description
British Blind Sport	Physical activity is proved to relieve stress, improve mental health and boost the immune system, and we will do our best to continue to help you achieve this.
Wheel Power	Adaptive yoga for a light stretch workout
Shape master home exercise videos	Shapemaster home exercise videos are designed to support older adults and people with long-term health conditions throughout isolation
NHS gym-free workouts	Put the fun back into fitness with these equipment-free workouts for all levels

Wellbeing

The coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. It's not surprising that at times we may feel anxious, stressed, worried, sad, bored, lonely or frustrated. It's important to remember it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. Here are a few links to help [you and the people you support](#):

Organisation	Description
Every Mind Matters Mind	Tips to look after your mental health Mental health advice

#RoamSweetHome

We know that one of the joys Walking for Health and group walking is keeping active – physically and socially, that's why the new

#RoamSweetHome campaign aims to help

people stay connected and active by roaming

close to home and connecting with walking friends from afar. You can see what everyone is up to on the **#RoamSweetHome** campaign [page](#).



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News and Blogs

There are lots of new stories and blogs being written every day, here are some of them from this month.

- Blog: [We all need to keep as healthy as we can:](#)
- Blog: [Covid-19 the impact on disabled and older people in the UK](#)
- News: [Wheelchair fitness , Surviving coronavirus lockdown on wheels](#)
- News: **Mencap Tv:** This week Mencap has launched our own YouTube channel, Mencap TV. This channel has a different focus each day, with Monday being Move with Mencap! The link to the channel is here, check out Andrew from the Greatest Dancer sharing a few moves: <https://www.youtube.com/channel/UCaghd-QChk0BKP6wN34xaaw>

Let's stay positive, share your good news stories with us!



If any local instructors or clubs are doing virtual exercise classes, tricks, strength and conditioning on line then please get in touch with us via email at solihullactive@solihull.gov.uk. We would love to support your work and also share with a wider audience **#stayinworkout**

Likewise, if you or your club have some good news stories you would like to share please do get in touch via email at solihullactive@solihull.gov.uk it is times like these that bring neighbours, friends, family and communities together **#rainbow #bekind**

Top Five Tips

1. **Make good habits** – Plan your day including how and when you will be active. You can use a diary or the alarm on your phone to set reminders. A good example is a 30 minute reminder to get up and move around so that you're not sitting for long periods of time.
2. **Get moving at lunchtime** – Make the most of a well-earned break from work or chores. Maybe schedule in your daily walk, or get some fresh air in the garden if you have one.
3. **Stand up instead of sitting** - Try standing when you can instead of sitting, even short periods will add up and improve your strength. For example, when you're on the phone to a friend or family member.
4. **Keep moving all day** – Move more each day, try standing up and moving during TV advert breaks or episodes.
5. **Take up a hobby** – Active hobbies such as gardening and DIY can be great for keeping active and healthy, as well as for your home.